

Incentives

Each student in classes that complete the Extreme Health Challenge will receive a “Cool Fuel” cookbook. This cookbook for kids is filled with fun recipes using fruits & veggies for breakfast, side dishes, main dishes, smoothies, and snacks.



Schools can receive a “Fruit & Vegetable Extravaganza” provided by a Nutrition Program Assistant from the University of Missouri Extension’s Family Nutrition Education Program. This is a family event that includes a demonstration of how to prepare easy, tasty fruits and vegetables. Families get to taste the samples. *(One Fruit & Vegetable Extravaganza will be awarded to each school that completes the Extreme Health Challenge)*

Classrooms can qualify for an educational session about Missouri’s natural resources. This will be presented by staff from the Missouri Dept. of Natural Resources, Division of State Parks. If funding is available, a field trip may be offered. *(Educational sessions will be awarded by drawing each year)*



To be eligible for incentives, you must enter the results of your class’s challenge online at <http://www.dhss.mo.gov/TeamNutrition>

Results include:

- How long your challenge lasted
- The total number of miles logged by your class on the Katy Trail map poster
- The total number of fruits and vegetables charted by your class on the Fruit & Vegetable Challenge poster

Results must be entered no later than April 1 each school year.

Only schools in Missouri are eligible for incentives.